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What is claimed is :

1. A composition for the treatment or prevention of type 2 diabetes in those individuals with pre-diabetes, or impaired glucose tolerance (IGT) or obesity comprising EGCG and at least one of pantethine and phytanic acid.
- 5 2. A composition as in claim 1 wherein EGCG and pantethine are present.
3. A composition as in claim 1 wherein EGCG and phytanic acid are present.
4. A composition as in claim 1 wherein EGCG, pantethine and phytanic acid are present.
5. A composition as in claim 2, 3 or 4 containing EGCG in an amount sufficient to administer to a subject a daily dosage of 0.3 mg per kg body weight to about 30 mg per kg
10 body weight.
6. A composition as in claim 2 or 4 containing pantethine in an amount sufficient to administer to a subject a daily dosage of 1 mg per kg body weight to about 50 mg per kg body weight.
7. A composition as in claim 3 or 4 containing phytanic acid in an amount sufficient to
15 administer to a subject a daily dosage of 1 mg per kg body weight to about 100 mg per kg body weight.
8. A composition as in any one of claims 1-7 which is in dosage unit form.
9. A composition as in claim 8 wherein the dosage unit form is a solid dosage unit form.
10. A composition as in claim 9 wherein the dosage unit form contains about 10 mg to
20 about 500 mg of EGCG.
11. A composition as in claim 9 wherein the dosage unit form contains about 20 mg to about 1000 mg of pantethine.
12. A composition as in claim 9 wherein the dosage unit form contains about 30 mg to about 500 mg of phytanic acid.
- 25 13. A composition as in any one of claims 1-7 which is a food or beverage or a supplement composition for a food or beverage.
14. A food or beverage comprising EGCG, pantethine or a metabolite thereof, phytanic acid, lipoic acid, policosanol and coenzyme Q-10.

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15. The use of at least two components selected from EGCG and at least one of pantethine and phytanic acid in the manufacture of a nutraceutical composition.

16. The use as in claim 15 of a combination of EGCG and pantethine, or EGCG and phytanic acid, or EGCG, pantethine and phytanic acid, said EGCG being used in an amount sufficient to provide a daily dosage of 0.3 mg per kg body weight to about 30 mg per kg body weight of the subject to which it is to be administered, said pantethine being used in an amount sufficient to provide a daily dosage of 1.0 mg per kg body weight to about 50 mg per kg body weight of the subject to which it is to be administered and said phytanic acid being used in an amount sufficient to provide a daily dosage of 1.0 mg per kg body weight to about 100 mg per kg body weight of the subject to which it is to be administered

17. The use as in claim 16 wherein the nutraceutical composition is a food or beverage, or a supplement composition for food or beverage.

18. The use as in claim 16 wherein the nutraceutical composition is intended for the treatment of both type 1 and 2 diabetes, and for the prevention of type 2 diabetes in those individuals with pre-diabetes, or impaired glucose tolerance (IGT) or obesity.

19. The use as in claim 16 wherein the nutraceutical composition is a pharmaceutical composition for the treatment of both type 1 and 2 diabetes, and for the prevention of type 2 diabetes in those individuals with pre-diabetes, or impaired glucose tolerance (IGT) or obesity.

20. A method for the treatment of both type 1 and 2 diabetes, and for the prevention of type 2 diabetes in those individuals with pre-diabetes, or impaired glucose tolerance (IGT) or obesity which comprises administering to a subject in need of such treatment EGCG and at least one of pantethine and phytanic acid.